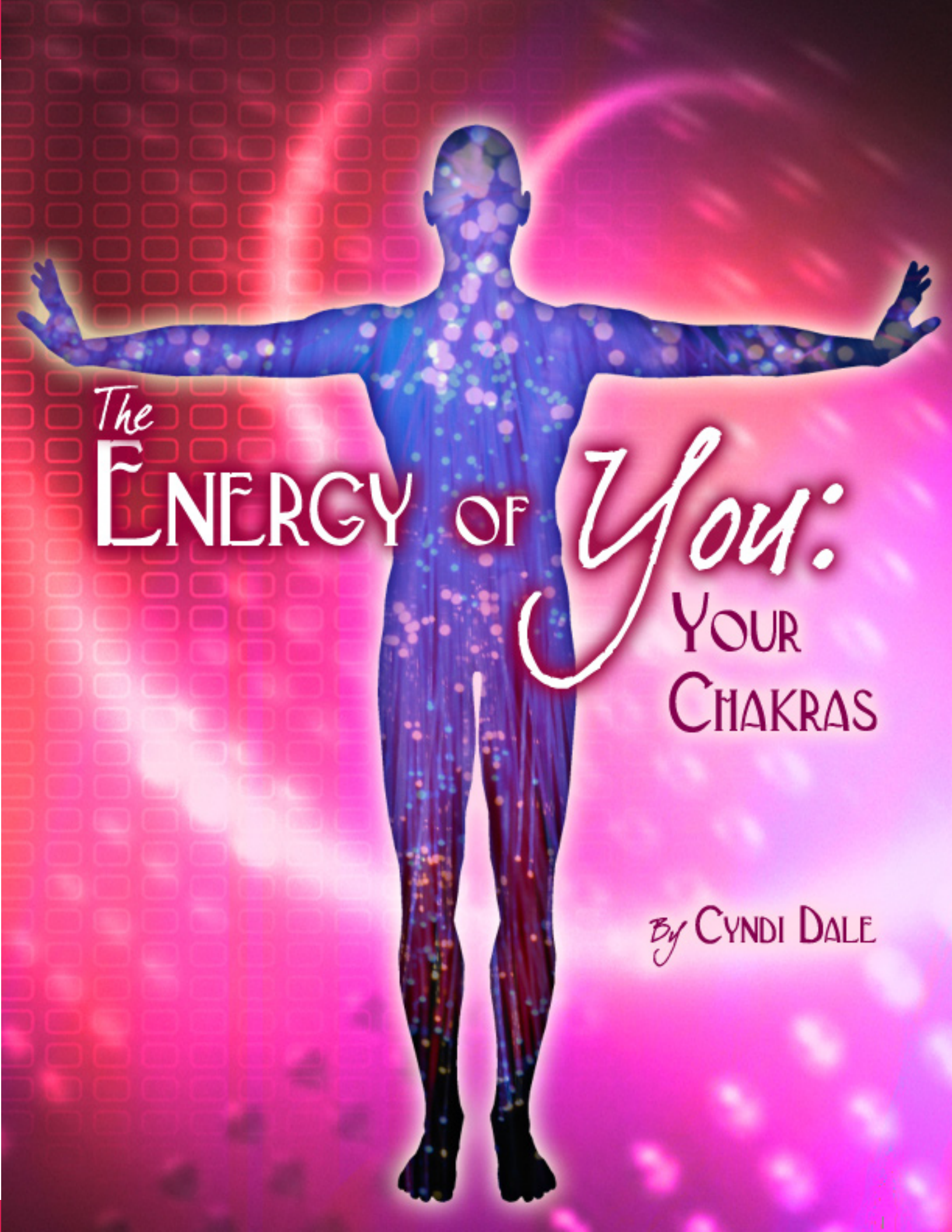
The
Energy of You:
Your Chakras
By Cyndi Dale

The Energy of You: Your Chakras

by Cyndi Dale
© Cyndi Dale 2008

Preface

Scientific evidence is mounting. What we've intuitively grasped spiritually is becoming obvious, three-dimensional. God has created you with everything you need to embody the spirit that you are.

Inside and around you is an energy system capable of connecting your body with your spirit, God to your mind, and your feelings with your manifested reality. The central actors in this energy system are called chakras. Research is now showing that these energy bodies can actually convert physician matter to spiritual messages and back again. This means that by better understanding these special energy conductors you can:

- Better understand the reasons for your problems and predicaments
- Open and receive clear guidance from God
- Recognize your unhealthy patterns and why you hold them
- Clear the negative beliefs keeping you stuck
- Bring forth the spiritual gifts and truths that can set you free
- Attract healthier relationship and friends
- Attain the support and finances you need to go for your God-ordained destiny
- Access the intuitive abilities necessary to receive God's guidance and make effective decisions
- Heal old wounds and move into joy

The Energy of You: Your Chakras is the culmination of years of study, travel and work around the world. It clearly and briefly marries the scientific and spiritual truths of this important and powerful energy system. Written by Cyndi Dale, author of the internationally acclaimed book, *New Chakra Healing*, this booklet adds to the cutting edge material found in her book by covering:

- The location, function and basics of the 12 major chakras
- Descriptions of the back side of each chakra
- Overview of the mental, physical, spiritual, and emotional junctions of each chakra
- Scientific explanation of how the chakras work
- Age development and its effect on the chakras
- Explanation of how ethnic background affects you through the chakras
- Exercises for doing healing and manifesting through your chakras

Read, enjoy, and learn how to be more yourself, successfully!

The Energy of You: Your Chakras

Mind-body experts keep giving us the same message. *You are more than your body!* This idea frightens some of us. If there are forces outside of us, then we're not in control of everything!

Then there is the other side of the coin. If we are more than we seem, there is so much more our life can become!

You are more than you seem to be, more than the self that stares at you in the mirror. You are more powerful than the you that can bench press what? 200 pounds? Or how about me? Thirty pounds. You have more opportunities than the ones your checkbook allows. You have so much more love to give and receive than your schedule allows. *And because you are more than you seem, you can become so much more than you are now!*

How can there be more to you? It's because the person who interacts with the world, who makes decisions and applies for jobs and smiles at bank tellers is made up of energy. In fact, if you could see yourself through energetic viewfinders, you would be astonished. You would see a picture of a pulsing, glowing and shimmering being of color. So many colors! So many parts of you taking different shape and form! Parts of you that connect you to the stars and the blades of grass! And all these lights and configurations add up to nothing more, or less, than holding patterns for your spirit.

For the ultimate you is your *spirit*, that part of you that emanates from God's Holy Spirit. You can also call this complete self your *essence*. Your essence is what makes you the *whole* you! It is both fixed and fluid. Like a drop of water, your essence is part of a greater whole, and yet it stands alone. It can change form yet remain essentially the same. It can be added to, but never subtracted from. It is unique, yet it shares the same substance with everyone else. And it has a purpose for being here.

You see, your essence carries a particular vibration that represents at least one spiritual truth. God wants heaven and earth unified. Your essence has accepted a role in that undertaking. In order to bring through the particular truth that you hold, you must allow your body to embody your spirit. You must bring your spirit into everyday life, and that's no small task. Life is hard, period! But, the greater Spirit has assured you full and total support. God's Spirit stands ready to provide you with all the power, insight and energy you need to fulfill your mission.

And when you think of life this way, knowing that all your essential needs can be met, doesn't life sound like a wonderful journey? That's what life is supposed to be—a spirit-filled experience—a *spiritual journey*.

Life as an Odyssey

Our lives consist of many types of journeys. There's the journey that takes you swearing from your home through a toy-strewn driveway to work. There's the excursion that challenges all your relationship skills. It's called a date. Or maybe it's marriage. There's the trip through your bills and the agony of finances. The ultimate journey, however, is the one of bringing your spirit through, into the life you lead.

Some people might consider this journey through life a type of pilgrimage. Pilgrimages involve stepping forth in faith while shouldering crosses of incredible weight. You're glad to end a pilgrimage and be relieved of duty. Death is actually welcome. But life isn't supposed to be like that. It's really designed as an odyssey. An odyssey is a journey of learning and experimentation—following the curious and interesting on a path that eventually leads you home. All decent odysseys center on adventure: few shipwrecks, a couple of broken hearts, a swaying off the course. But they also include a few guarantees: help from above, a sturdy boat, good shipmates, true love, plenty of coin to spend along the way. And vacations.

On an odyssey, the heroines are equipped to meet all challenges. Relying on inner strength and God-given gifts, heroines are able to transform danger into development and obstacles into opportunities. To conduct themselves with the bravery and skill required, however, the pilgrim must make use of *all* his or her abilities!

You are on a spiritual odyssey. Your spirit—and God's spirit—knew it would be hazardous. God knew your body, the physical vessel for your spirit, would be frail, delicate, scared. So God created something greater about your body; a system that would enable your spirit to access the energy and guidance that you would need on this most daring of journeys. This add-on system is called the *energy system*. Your energy system is a network of energy bodies able to transform physical energy into spiritual energy and vice versa. Through these energy bodies, you can receive energy directly from God, the heavens, and the spiritual planes. The energy bodies translate or convert this fast-moving energy into stuff usable in your physical body.

Conversely, your energy bodies can transform slow-moving physical matter into the fast-moving particles of spirit. But this only happens if you allow your energy bodies to serve their purpose!

Even if you are unaware of your energy bodies, they are working. They are pulsating away. But they may not be working on your behalf. In the physical world, the unconscious governs. The lowest and most negative programs in your soul, body and mind govern higher and more spirit-driven truths, that is, unless you do something about that fact–consciously.

In this booklet, you will be introduced to one of the most important sets of energy bodies: the chakric system. Chakra is a term derived from the Sanskrit phrase, spinning wheel of light. Your chakras are one of two main sets of energy bodies in your energy system. God designed the chakras to serve as tools and instruments for linking your spirit with the physical universe.

Because the chakras are composed of energy, the chakras can connect everything that is made of energy–like your body and your spirit. Because the chakras can convert spiritual energy into material energy, they can help both your body and spirit learn and grow. And because the main chakras are located within your body, they can help you live heaven here on earth, within your very own body.

Learning how to manage the energetic processes of the chakras can bring about tangible results. This information could help you:

- Better understand why things are happening to you
- Decide how to best react
- Recognize your unique qualities and God-given gifts
- Express these qualities and gifts in all situations
- Participate more lovingly in your relationships
- Attract healthier friends and relationships
- Connect your work with your spiritual purpose and beliefs
- Summon the protection you need to stay safe
- Access your inner intuitive abilities
- Discern what guidance is of God and what is merely your programming—one of your tapes
- Heal yourself and other people
- Live the spiritual truths that bring inner peace and outer success

Many of us have searched for adventure outside ourselves. Yet the greatest source of adventure lies within, inside our own energy systems.

Chakras and Shooting Stars

Flash–see that white glow around your head? It is emanating from your *seventh chakra*. Don't look now... Zoom – there's a big yellow shooting star coming out of your stomach. What! Don't worry. It's only power being expressed through your *third chakra*.

This is too much for you? Well, be careful about sitting down. You'll land right on your *first chakra*, one of the primary energy bodies.

Stop this, you might be thinking. If chakras are real, how come no one taught this subject in school?

Well, if you had attended school thousands of years ago in Egypt, you may well have studied them. Or if you'd been a prize pupil of the ancient Maya, a Central American culture that called chakras the wheels of power, you most certainly would know about them. You would also have learned these concepts if you had been on the fast-track in Siberian shaman school; been a Hindu or Buddhist monk, an apprentice to a Cherokee medicine person; or preparing to be a Chinese medical doctor. In fact, if you now lived in these parts of the world you might still be schooled in chakras.

Across the world and across time, peoples of many spiritual beliefs have worked with the chakras. Many cultures of people have long known that within and surrounding the body are wheels of light that transform energy. Contemporary studies at learning institutions including Duke University and UCLA are actually documenting the existence of chakras. Striking documentation has been produced by Dr. Valerie Hunt of Stanford University, author of *The Science of Human Vibrations*. Applications of her work are described by healer, Rosalyn Bruyere, in *Wheels of Light*.[1] There is nothing magical about chakras. Dr. Richard Gerber, author of *Vibrational Medicine*, asserts that, "subtle energies at the etheric level are merely at a higher octave than the physical."[2] They serve functional purposes. The ability of a chakra to convert energy from one form to another is similar to the function of your liver, pancreas, heart and lungs. Your liver transmutes blood, your pancreas hormones; your heart and lungs convert weak blood into oxygenated, life-giving substance. It's just that chakras work one level up:

- Whereas physical organs work with energy that moves slower than the speed of light, chakras can also work with energy that moves faster than the speed of light.
- Whereas physical organs respond to natural law, chakras—connection points to your spirit—can also respond to spiritual principles.
- Whereas physical organs can only translate slow-moving energy into slower-moving energy, chakras can do this and change slow-moving energy into fast-moving energy as well.
- Whereas physical organs only regulate physiology—and through that, emotions, behavior and thinking—chakras directly facilitate physiology, emotions, mental beliefs, actions and spiritual concerns.

Obviously, chakric organs can perform many more tasks than can your physical organs. They can multi-task. And yes, they can work with supranatural, or fast energy. But, contrary to some people's beliefs, chakras aren't conscious entities, leftovers from past lives, fragments of your soul, imploded demons or devils. Chakras are light-based, functional prisms that can alter the rate of energy directed to and through them. You might say, chakras are God's means for lassoing the shooting stars of your dreams to earth, or are tools to help you walk as a child of God and dream at the same time.

Energy and the Chakric System

Chakras are experts at moving energy. If you want to work with your chakras, you need to have at least a basic knowledge of energy—for it is the stuff of which you are made. There are three main types of energy, two speeds at which energy can move, and two basic forms of energy. The three main types of energy are:

- Photons-Positively-charged energy
- Electrons-Negatively-charged energy
- Neutrons-Neutral energy

1 Rosalyn Bruyere, "Hunt's Case Studies," Wheels of Light, (Sierra Madre, California: Bon Productions, 1989), pp. 247-259.

2 Dr. Richard Gerber, Vibrational Medicine, (Santa Fe: Bear & Company, 1988), p. 111.

All charged energy is loaded with information. In fact, all productive energy is information energy, for it tells itself—and other weaker, less-informed energies, what to do.

The concept of energy equaling information was the basis of experimentation conducted by Drs. Gary Schwartz and Linda Russek. Schwartz, a professor of psychology, neurology and psychiatry and Director of the Human Energy Systems Laboratory at the University of Arizona, worked with Russek, a research psychologist at Harvard University Student Health Center and Human Energy Systems Laboratory. Their research, the Dynamic Systems Memory Field, explains that all systems exchange influential energy. Because this energy is influential, it contains information that creates an effect. Their joint works are summarized in several papers, including, "Energy Cardiology: A Dynamical Energy Systems Approach for Integrating Conventional and Alternative Medicine."[3] Dr. Paul Pearsall states that energy and information are the same, and that everything that exists has energy that is "full of information." [4]

We can see how photons and electrons, obviously charged with energy, can impact reality through coded data, but even neutrons, have a field that can hold a charge. So even neutrons can direct other energies. Actually, neutrons will fill in as foremen, functioning as an energy conductor. When someone concentrates, even unconsciously, fixating on a certain goal or need, their focus pulls neutrons together, so they collect in space! Let's say you're thinking about a chair. The clustering neutrons begin to chant "chair, chair, chair."

When the vibration is loud enough, the frequency is specific enough, and the intensity is strong enough, the field around these collected neutrons will draw photons and electrons. When the neutrons are organized and emitting messages, they are assuming the role of dark matter. Photons and electrons bound by a single goal or concept are called light matter. Dark attracts light matter causing a chair to materialize.

Can you see how powerful your potential is? If you concentrate hard enough, focus with enough clarity and intensity, you can shape reality! Let me tell you, you already are shaping reality. In fact, in your life right now:

- What you *have* is a product of your focus.
- What you *are* is a result of your desires.
- Who you *attract* is a matter of your messaging.

If you aren't satisfied, you may be embarrassed about what you've created. But don't be. Like all of us, you are a product of your past, as well as your parents' pasts, and their parents' pasts. Unfortunately, very little of what we create–and the physical reality created around us–comes from our spirit, or the Spirit. While your chakras could be uplifting your desires to higher levels, they usually are not. And that's a matter of energy, also. That brings us to the topic of fast versus slow energy.

---

3 Linda G. Russek, and G.E. Schwartz, "Energy Cardiology: A Dynamical Energy Systems Approach for Integrating Conventional and Alternative Medicine," Advances, Volume 12 (1996): pp. 4-24.

4 Paul Pearsall, Ph.D., The Heart's Code (New York: Broadway Books, 1988): p. 13.

Speeds of Energy

There are two basic speeds at which energy can move. Your chakras are able to process energy at both levels.

1. Energy that moves slower than the speed of light is made up of energy particles called quarks.
2. Energy that moves faster than the speed of light is made up of energy particles called tachyons.[5]

Several leading scientists and physicists have postulated the existence of these tiny particles. These ideas form the base of quantum physics which assumes these particles explain both Newtonian laws and non-Newtonian realities. Chaos and convergence theories are contingent on these quanta creatures, which are aptly described by Dr. Fred Wolf in this book.[6] In fact, the supernatural can only be accounted for through these on-the-edge theories. We've all had what can only be described as psychic experiences:

- Knowing who's on the phone before you answer it
- Feeling someone else's pain, although he or she is hiding it
- Predicting the death, visit, or letter of a loved one

So-called psychic information energy is related to the ability of particles to move faster than the speed of light. Tachyons move faster than the speed of light. Perhaps quarks can even be encouraged to do so. When date-infused particles move faster than fast, they supercede Newtonian law. Gravity and linear time lose dominance. Dr. Wolf explains that because psychic energy occupies a space beyond light speed, it is "completely free of the shackles of time and space. It could 'drop in' at any time past or future. It could visit anywhere in an instant. All points in the universe would be its home."[7] Scientists, including Einstein, believed that energy couldn't move faster than the speed of light. And it is true that we exist in a time-space continuum. The faster a person runs, theoretically, the heavier he or she becomes. Olympic gold or not, you'll never break the speed barrier because you'll eventually become too heavy to move!

Recent research, however, is breaking Einsteinian restrictions. A breakthrough experiment at the NEC Research Institute in Princeton New Jersey shows that energy can move faster than the speed of light. Scientists broke this cosmic limit when they caused a pulse of light to travel many times faster than the speed of light. In fact, the light accelerated so fast, it escaped the test chamber before it could even enter it![8]

Researcher Lijun Wang doesn't find these results at odds with Einstein.
The experiment didn't prove that mass moved faster than the speed of light, but that a pulse of light, a group of individual waves without mass, did move faster than the speed of light.[9]

---

5 Dr. Fred Wolf, Taking the Quantum Leap (New York: Harper & Row, 1989).

6 ibid.

7 ibid. p. 182.

8 Curt Suplee, "The Speed of Light is Exceeded in Lab: Scientists Accelerate a Pulse of Light," The Washington Post (Washington, D.C.: July 20, 2000)

9 L. J. Wang, A. Kuzmich, and A. Dogariu, "Gain-assisted Superluminal Light Propagation," Nature, Volume 406, Issue No. 6793 (July 20, 2000).

So what about living in the 30 mile-per-hour zone? The heavier and slower the energy, the more negative charge it contains. And remember that charged particles contain information. Typically, the more negative charge you're dealing with, the more negative the information is. For the most part, quark-based energy is infused quite literally with the negative aspects about you and humanity.

Because you hold weight, negativity literally permeates your body, mind and soul. Of course there's positive stuff mixed in there, but remember that the lower and more negative the charge or frequency, the more impact it has. This means that the information contained within your cells and sub-atomic particles are full of programs, messages and patterns that influence you. These negative information energies include:

- Self-deprecating internal programs
- Unconscious dislikes or hatreds
- Dysfunctional family beliefs
- Hurtful relationship patterns
- Genetic predisposition to mental and physical illnesses or stresses
- Genealogical spirits, curses, patterns and beliefs
- Mind strongholds, beliefs that control your perceptions
- Miasmas, energy-based disease patterns, usually stemming from a person's ancestors
- Negative and self-critical judgments
- Old and stuck emotions

Tachyons, particles able to move faster than light, on the other hand, are *unable* to carry negative charges. To move faster than light, a tachyon must be clean, and pure. It is aligned with spiritual truths rather than physical malaise. Here is what this means:

- Your body moves slower than light. *But your spirit moves faster.*
- Your thoughts move slower than the speed of light. *But God's messages move faster.*
- Your soul moves slower than the speed of light. *But God's messengers move faster.*

God has given all of us energy bodies that can work with the most advanced energy of all—energy that is capable of exceeding physical parameters.

Two Forms of Energy

Part of the reason your chakras can mutate energy is that they can divide energy into its two basic forms:

1. Particles
2. Waves

The basic model of movement is that particles are carried on waves. Particles move when their companion waves move, or float along the waves to other localities. For a particle to get to its destination, it must ride a wave going to that destination. It also must be able to change the direction of the wave, or be able to direct itself, apart from a wave. We know that energy is charged with information.

This would explain how a particle could direct itself inside a wave. But does it show how a wave might set or maintain direction—or how a particle can uncouple itself from a wave altogether?

Hence we find clear scientific evidence for a statement made by Nobel-winning physicist David Bohm when he asserts that there is unlimited information folded into the universe and we are manifestations of that energy.[10] Significant research is indicating that waves can certainly respond to stimulus but may actually, more often than not, set direction, circumstance or effect. Three researchers, for instance, have shown that geomagnetic waves affect brain waves, which in turn affect animal behavior such as navigation, psychiatric ward behavior, reaction time, healing and biological rhythms.[11] [12] [13] [14] [15] The evidence is mounting. As stated by W.R. Adey, "There is... growing scientific consensus on the cell and molecular biology mediating interactions with environmental fields." Reactions are "based on physical processes at the atomic level, rather than in chemical reactions between biomolecules." [16] Organisms have energy fields. The universe is composed of waves that interact with particles to produce change because of an exchange of information-energy.

This suggests that waves are uniquely able to cut through time and space. Particles moving slower than the speed of light would not be able to follow a wave from earth to heaven. But particles, like tachyons, that move faster than the speed of light would be able to. Conversely, these same quickened particles could flow back into earth along a wave.

Want to read more? I would refer you to Dr. James Oschman's book, *Energy Medicine*.[17]

For you spiritual seekers, you can think of spiritual truths or principles as if they were waves that connect heaven to earth. They transcend time and space, existing everywhere and anywhere simultaneously. We're never going to get the heaven" via slow-moving particles, by operating in negative patterns or by limiting ourselves to natural law. But if we can follow truth principles, we can create a new self, concepts, and new realities in the blink of an eye.

---

10 J. Biggs and F. Peat eds., "David Bohm's Looking Glass Map, " Looking Glass Universe: The Emerging Science of Wholeness, (New York: Simon and Schuster, 1984).

11 R.O. Becker, "Search for Evidence of Axial Current Flow in Peripheral Nerves of Salamanders," Science, 134: pp. 101-102.

12 R. O. Becker, "The Machine Brain and Properties of the Mind," Subtle Energies, 1:79-87. 1990a.

13 J.R. Hamer, "Biological Entrapment of the Human Brain by Low Frequency Radiation," study published by Northrup Space Laboratories, 1965) pp. 65-199.

14 J.R. Hamer, "Effects of Low-level, Low-frequency Electrical Fields On Human Time Judgment" (presented at the Fifth International Biometeorological Congress, Montreaux, Switzerland, 1969).

15 R. Reiter, "Neuere Untersuchungen Zum Problem der Wetterabhängigkeit des Menschen," Archiv fur Meteorologie, Geophysik und Bioklimatologie B4 (1953): p. 327.

16 W.R. Adey, Biological Effects of Magnetic and Electromagnetic Fields (New York: Plenum Press, 1966) chapter 4, pp. 45-62.

17 James L. Oschman, PhD, Energy Medicine (New York: Churchill Livingstone, 2000)

Now it is feasible for particles to operate quickly–wave-free. All energy particles have a tachyon component, whether they are located in a wave or isolated. If you could direct this fast-moving bullet, you could transcend time and space. You could instantly heal a tumor, connect with God, communicate with the Spirit or free yourself from an addiction. Look at what Jesus the Christ did! And he said, "All this and more shall you do."

What holds us back? Negative beliefs? Lack of faith? Knowledge? Shame? Fear? Refusal to be different? All of us have been given the gift of energy bodies needed to connect heaven and earth, the fast with the slow; to move out of time and space and open ourselves to miracles.

Here is the key. You must give permission for your spirit rather than your mind to manage your chakras. Your spirit, through the greater Spirit, can already move faster than the speed of light. It can already flow along the wave of the Holy Spirit. It's already programmed with spiritual truths and a higher purpose. And if you consciously begin to direct your chakras from a spiritual perspective, aligning yourself with the Spirit as a fail-safe, your life can become the representation of Spirit it was meant to be.

Before you can direct your chakras, you need to know what a chakra is! Let's take an in-depth look at the various roles played by the 12 fundamental chakras. Then you'll be ready for a number of exercises designed to help you, over time, put your spirit in charge of your chakras!

Chalk-marking Your Chakras: What Would You See if You Could See Them?

I'm going to help you see your chakras.

Close your eyes. Now imagine that you can see your spine. Notice the vertebrae, the bones and tissues that compose this fundamental part of your central nervous system. You are seeing the physical side of your spine. But look closer. Do you see those tiny spirals of energy deep within certain vertebrae? Follow any one of the swirling whirlpools outward, toward your front side, and you'll know you're experiencing something far beyond the natural. You are in one of your chakras, a spinning "wheel of light" that circles wider and wider until you actually extend far beyond your physical body. Now return and head the other direction, passing through the central vertebral point until you are caught up in yet another vortex. You are now in the backside of the same chakra that you just experienced.

If you're really sensitive, you might have perceived that there were two vortexes within each front and backside of the chakra. There actually are inner and outer wheels for each chakra. And if you were really paying attention, you would have noticed a lot of other peculiarities about these energy bodies.

Your chakra was colored. It emitted a tone. And it could change shape.

Color. Tone. Shape. These are all ways of saying that the chakras are frequency-based. While some chakras originate inside your body and some outside, they all spin in different frequencies, according to individual function.

There are seven primary chakras. These cone-like energy bodies emanate from a center point inside of the spine and revolve out into the atmosphere. As they spin, the inner chakric wheels regulate your spiritual nature, while the outer chakric wheels facilitate your physical well-being. The lower the chakra in relation to your body, the lower its frequency. The lower the frequency, the more material are the concerns governed by that chakra. The first chakra, for instance, located in your genital area, deals with primal and physical concerns, like money, sexuality and security. The seventh chakra, on the other hand, pinpointed in the top of your head, spins at a much higher rate than those below it did. Accordingly, it facilitates higher issues such as spirituality and life purpose.

Over time, intuitive sensitivities have assigned a color to each chakra, and general agreement has developed about which color represents which chakra. Basically, the infrared system relates to the lower chakras and the ultra-violet relates to the higher ones. The most accepted colors associated with of the 12 chakras are shown in Table 1 below:

Table 1. Chakric Colors

Chakra	Locality	Color	Meaning of Color
One	Genital area	Red	Passion
Two	Abdomen	Orange	Feelings and Creativity
Three	Solar Plexus	Yellow	Wisdom and Power
Four	Heart	Green	Healing
Five	Throat	Blue	Communication and Guidance
Six	Forehead	Purple	Vision
Seven	Top of head	White	Spirituality
Eight	One inch above	Black	Karma: Effect of the Past
Nine	Arm's length	Gold	Soul Purpose and Unity with Others
Ten	Below feet	Earth Tones	Relationship to Environment
Eleven	Around body	Pink	Transmutation (of negative to positive and vice versa)
Twelve	Around entire energy field	Clear	Link of Human with Divine

Learning how to perceive these colors isn't important. Remembering the chakric colors, however, can help you diagnose imbalances and problems, and several other ways. You read a chakra's sides from the point-of-view of your body; looking from the inside to the out.

Color Indicates Frequency

Knowing the vibration rate, or frequency, of your chakras can help you feel or sense if they are in tune or not. If one or both the wheels of any of the chakras are too light, a person may lack grounding of a spiritual truth.

Their head–or some other part of their body is in the clouds! If one or both the chakra's wheels are heavy and pedantic, indicated either by rate of movement or dark colors, a person may be failing to integrate some truth or aspect of their spirit. It is important to work spiritually to release stuck emotions, judgments, misperceptions, biases, destructive relationship attachments and other issues that are not of the Spirit.

Color Indicates Health

The color of a chakra indicates the health of an individual and the current state of their spirit's integration. A clear-colored (or attuned) chakra is at least fairly aligned with the spirit, thus enabling a connection with the Spirit and increasing access to higher spiritual truths and powers. Discoloration, markings, muddy or black tones or off-key colors indicate imbalance or disease. Using chakric discoloration to diagnose problems can help you balance your entire system and release negative influences.

Color and Shape Reveal Balance Issues

Color and shape of a chakra reveal balance issues. If all the coloration is on one side of the chakra, you are missing half of the picture. The same is true if the chakric shape is distorted. In general, a shift of the shape toward the right side of a chakra marks issues of the masculine nature, such as domination and power, action and behavior, logic and rationality. If the shape shifts toward the left side of the chakra, a person may be dealing with feminine issues, such as receiving and responding, learning or healing, creating or feeling.

Working with Chakra Colors

Knowing your chakra's true colors can help you heal your issues. Working with colors, frequency and shape assists your spirit in integrating more fully into your body. In general:

- If you know the correct color or frequency of a particular chakra, you can visualize the color or tone the frequency to right imbalances, at least semi-permanently. Alleviating discomfort provides you time to dig for deeper causes and issues.
- Discoloration can sometimes be corrected by inserting balancing colors into the muddy area. Let's say your tenth chakra, the one under your feet, is usually tan. If it's too brown, you can augment with white. The dark brown probably represents heavy and limiting beliefs, such as "The world is against me." The white, indicative of spiritual truths, might add the perspective "The world might be difficult, but God is with me."

Work All the Chakras

We've been talking about low and high frequency chakras, and that could lead you to think that some chakras are more spiritual than others are. That is not true. In reality, all chakras are equally significant, though each is highly unique. The spiritual experience of this lifetime is the human experience. All of our essential needs are supposed to be met. As Jesus said, people need food for their bodies, not just their souls. And we need food for our spirits not just for our bodies.

Working the chakras is an ideal way to look at all sides of an issue. This is because each chakra regulates a physical, mental, emotional and spiritual aspect of your life. Sometimes a disease is caused by a repressed feeling, and sometimes by a belief. Sometimes you carry a negative belief because you are sick, or because you don't understand God's love for you. Whether a life challenge stems from feelings, beliefs or spiritual misperceptions, the root of the challenge will lie within your body. Your body holds everything, but your chakras, especially those rooted in your body, can connect your tissue with your spirit and help you clear even the most difficult of physical issues.

As we've said, there are seven primary in-body chakras. Chakras numbered eight through 12 dwell in your larger energy field. All the chakras, however, regardless of their physical proximity, connect to certain body tissue. The physiological touchstones are shown in Table 2.

Table 2. Physiological Touchstones

Chakra	Physiological Touchstones
One	Genital organs and endocrine system; coccygeal vertebrae; affects some adrenal, kidney, bladder and excrement functions
Two	Affects part of adrenal endocrine system; intestines; parts of kidney function; some aspects of reproductive system; sacral vertebrae and the neurotransmitters determining emotional responses to stimuli
Three	Pancreas endocrine system; all digestive organs in stomach area, including liver, spleen, gall bladder, stomach and parts of kidney system; lumbar vertebrae.
Four	Heart and lungs; circulatory and oxygenation systems; breasts. The heart is an endocrine organ, according to many recent studies. It's beat and rhythm regulate other hormone producing glands; lumbar and thoracic vertebrae
Five	Thyroid endocrine gland, larynx, mouth and auditory systems; lymph system; thoracic vertebrae
Six	Pituitary endocrine gland, parts of hypothalamus, visual and olfactory systems, memory storage; some problems with ears and sinus; left eye
Seven	Pineal endocrine gland, parts of hypothalamus, higher learning and cognitive brain systems; SAD (Seasonal Affective Disorder); immunodepression
Eight	Thymus (immune system), memory retrieval functions, aspects of CNS (Central Nervous System); right eye
Nine	Diaphragm, pineal gland, corpus callosum and other higher learning centers including the cortex and neocortex
Ten	Feet, legs and bones
Eleven	Skin and muscles
Twelve	Secondary chakric sites. There are at least 32 of them throughout the body including the knees, elbows, palms and organs.

If you have chronic or acute physiological problems, you probably have a seriously impaired chakra. Chakra damage can be caused many types of issues, including genetics, family programming, emotional denial, self-destructive addictions, soul wounds and bruises (either from your own life experience, past or from an ancestor) and cultural bias. You may not be able to completely heal the issue or the resulting wounds; it may not be necessary for your spirit to do so! But you can heal the chakra and by doing so, gain the sense of wisdom and forgiveness you need to live your life with gratitude.

Sometimes achieving this state of peace will require examining yourself on a chakra-by-chakra basis for the beliefs, emotions or spiritual issues that are interfering with your spiritual serenity. There are thousands of beliefs or emotions imprinted in or affected by each chakra, but there are general themes. A brief listing of chakric-related issues includes those listed in Table 3:

Table 3. Chakric-Related Issues

Chakra	Mental Themes	Emotional Themes	Spiritual Themes
First	Beliefs about security and safety. Beliefs about our sense of worth; whether or not we deserve to be alive or to be the gender we are, or whether to have a body at all.	Initiator of primal feelings, such as rage, joy, terror, sorrow, grief, despair, guilt and shame. Holds others' feelings and opinions about our existence and perceived value.	Is the body good; is it of God? Will we run on God's power or on our own power? Will we follow God's will or our own?
Second	Beliefs about feelings and creativity. Beliefs about sensuality and your right to enjoy your body.	Processes the softer feelings, like fear, frustration, sadness, happiness, disappointment. Determines how you will respond to your own or others' feelings.	Do you know God as a feeling God? Do you know your feelings are messages from your own spirit, telling you how to respond to events and people.
Third	Beliefs about power and success that affect your self-esteem, self-confidence and behavior in the world of work. Place where you can be held in bondage to the 'group mind'. A collection of beliefs usually fear-based.	Runs the feelings determining self-esteem and self- confidence; stores fears and judgments about yourself, others and the world.	Are you living your life purpose on a daily basis, especially at work? Do you know you deserve to be treated with respect as well as have and maintain boundaries?

Fourth	Processes beliefs about love and being deserving; how you should treat people and be treated in kind. Here you can be affected by 'group heart', and beliefs bonding people through relationships.	Deals with all feelings related to relationships. Place to heal emotions that have cause you pain.	What is your relationship with God? Do you know you deserve God's love? Here is the place God can integrate the Spirit with your spirit; place of Christ, blending of human with divine through love.
Fifth	Beliefs regarding your right to say 'yes' or 'no'. Place where 'old tapes' enter. Back of throat receives guidance from higher and lower plane spirits. Front of throat is regulated by issues of self-responsibility.	Stores words you haven't said and the feelings behind them; place to add power of feelings to your words.	Do you know the Creator began it all with a Word? Do you know that God will give you words? God will tell you what to say? Place of manifesting own desires through thoughts, writing, music and speaking.
Sixth	Place where you store your self-image. Self-image determines what futures you can see. Here is where you are programmed by culture, experiences, family and your own soul. You can also be manipulated by group visions designed to benefit the group or a cult figure, rather than yourself.	Holds feelings about how others image you. Can access feelings that will create you in body as in spirit.	Can you see yourself through God's eyes? If you can, you can view life choices through the back of the chakra and their results through the front of the chakra.
Seventh	Where you interject religious or spiritual ideas about God and your humanity. Source of group soul if forced to follow cult figure or fundamental beliefs limiting free choice and God.	Holds judgments about feelings as either spiritual messages or cause of problems.	Do you know you have a spiritual purpose and a destiny, and that God provides the insight and power you need to meet them?
Eighth	Holds beliefs gathered from the past—past lives or beliefs affecting you from other times, people, planets or places. The notion of Karma rules unless you undo it: an idea must make up for all past sins.	Storage of all repressed feelings from all lifetimes' experiences. Place where lack of forgiveness can rule.	Do good and evil exist? Is evil stronger than good? Can the evil you've done ever really be forgiven? There is a need here for the consciousness of Christ.

Ninth	Illuminates beliefs held in soul groups and your own soul.	Holds feelings you have never felt about your purpose and soul-based relationships.	Do you know your soul has followed a path and is unique? Now where is it headed?
Tenth	Holds beliefs about your: - Ancestors - Life experiences, and conclusions - Nature and your relationship with it.	Can carry feelings of your ancestors and of nature, including animals and plants.	You are a product of all who came before you. As a child of the earth, do you take care of your body and the environment?
Eleven	Programmed by beliefs about good, evil, and power.	Acts as a screen to emotions. Allows some emotions and energies in and not others. Ideally, here all feelings can be transmuted into healthy energy.	As a part of nature, you can command peace. You can transmute negativity into goodness.
Twelve	Shape and function are a result of beliefs about humanity and divinity.	Separates 'good' from 'bad' feelings unless you are accepting of them all.	Do you know we've a new model—one that blends the human with the divine?

Table 3. Chakric-Related Issues

Your Background Within the Chakras

Each culture emphasizes the values characteristic of one chakra over another. This can cause strain in the life of an individual who "dances to a different tune." If you feel out of place, it may be because your chakras don't line up with those honored in your family, school or culture at large. Some specific cultural emphasis include:

Table 4. Cultural Emphasis of Chakras

Culture	Chakras	Emphasis
American	One/Three	Materialism and thinking
African	Tenth/First	Environment, ancestry and physicality
Norwegian	Three/Seventh	Rules, rightness, beliefs, religion
German	Three/First/Seventh	Rules, productivity, purpose
English	Three/Five	Rules, communication
Japanese	Eighth/First/Tenth	The past, materializing, ancestry and the clan
Mexican	Second/Fifth	Feelings and communicating
Russian	Three/Tenth	Rules, the land, the clan
Chinese	Three/Sixth	Rules and power, Vision
French	Fourth/Second	Heart, feelings

Italian	Fifth/Second/Seventh	Communicating, expression, beliefs
Spanish	First/Second/Fifth	Physicality, creativity and sensuality, communicating
South American	Second/Eighth	Feelings and sensuality, heritage and magic
Native North American	Fourth/Ninth/Tenth	Nature and ancestry, heart, connection and ceremony
Australian	Tenth/Twelfth	Ancestry and earth, maturing into spiritual completion

It might be interesting to check your own ancestry on this incomplete chart. Better yet, as you get to know the chakras, pinpoint which chakras you most rely upon. We often employ one chakra more than any other. Also, we often pair this chakra with another one. Obviously, our usage of our strongest chakras can provide us strength and dependability. It can also keep our spirit from drawing upon other energies, or bringing healing in areas of our life that need it.

Chakras As Wheels of Life

There are two other qualities about each chakra that might help in your chakra work. Each chakra is divided into two wheels: an inside and an outside wheel. In addition, the in-body chakras are also subdivided into a front and a back section.

The *inside wheel* within each chakra runs on spiritual energy. It processes the tachyon energy your spirit through the Spirit is sending or retrieving from you. The *outside wheel* runs on quark energy. Its job is to *deliver*. It makes sure that you do what you're supposed to do. Within our first chakra, for instance, the internal wheel assures an influx of spiritual life energy. The external spoke demonstrates our need to be animate, to move and exercise.

In general, the front side of your chakras facilitate your conscious existence. They help you express your purpose through action. The backsides represent your unconscious state. They hold the programs that create your inner drives.

A brief description of these chakric parts is shown in Table 5.

Table 5. Chakric Parts and What They Regulate

Chakra	Chakric Part	Areas Regulated
One	Back:	Unconscious security issues; how others' security issues affect you.
	Front:	Interface with everyday life; how you carry yourself into world.
	Inner Sphere:	Is regulated by your soul's relationship with God. If your soul thinks that God abandoned you to this life, you will refuse God's grace and power. You might overfunction, motivate yourself through worry and doubt, or underfunction," which can cause radical judgmentalism/fundamentalism or lack of concern about your behavior. Your spirit, versus your soul, will help you line your will with God's.
	Outer Sphere:	Regulates your movement in the world. Overfunctioning causes harried and hyperactive behavior. Underfunctioning creates sloth and laziness.
Two	Back:	The feelings you unconsciously carry; your unconscious response to the feelings of those around you; which feelings of others you are going to "pick up" and hold on to or not.
	Front:	How you express your feelings into the world; your ability to translate your feelings into creative responses.
	Inner Sphere:	Your beliefs about God as a feeling God and your judgments set the rhythm about feelings as reflecting spiritual messages. If you disregard the spirituality of feelings, you will be judgmental, closed and unsympathetic to others. If you fail to translate the spiritual messages behind the feelings, you will be emotional, hypersensitive and co-dependent.
	Outer Sphere:	Establishes the ways you act as a feeling person in the world. Repressed feelings will attract people who exhibit these feelings to you or cause illness. If you hold feelings that are not yours, you will feel crazy and out-of-control. You cannot process an issue that isn't yours.
Three	Back:	Your unconscious beliefs about power, success and your deserving of both.
	Front:	Your ability to succeed in the world.
	Inner Sphere:	Frequency is established by your internalized beliefs about your place in the world. Do you believe God has special work for you? That you have unique gifts? If you do, you'll feel healthy and balanced. If you don't, you'll feel strained and
	Outer Sphere:	continually disappointed in yourself. Maintains your boundaries with the world. If you believe God guides your work, you will perform well and command respect.

Four	Back:	Your unconscious beliefs about relationships; keeps you connected to people you have not let go of.
	Front:	Your major and minor relationships; your ability to take and receive.
	Inner Sphere:	The relationships within: self to self; God to self; self and God to all aspects of the self, including the inner child, dream self, soul self and the essential self (or spirit.)
	Outer Sphere	Balance: relationships between self and all aspects of self with the world and others in it.
Five	Back:	The type of guidance you are willing to receive, which can be lower or higher plane.
	Front:	Determines which tapes or messages regulate your communication—those that are healthy or those that are not.
	Inner Sphere:	What you're willing to say or express and not. How others will perceive your communication. Your ability to manifest your desires based on courage and truth. The speed and frequency should match that of your spirit. If it's too fast, you aren't listening to God. If it's too slow, you are listening to lower ordered beings.
	Outer Sphere:	Responds to your intention. If you true intention is to be loving and kind, your communication, or silence, will match as is true of the opposite.
Six	Back:	Potential futures. All choices enter through the backside chakra. Your inner ability to see these choices is dependent on your self-image.
	Front:	The path chosen. If you train yourself, you can see what's ahead and what choices still face you from this place in time.
	Inner Sphere:	Place of your spirit's image of you and of your life. If you allow your spirit or God's spirit to set this image, it will be of truth and will help you make the right decisions in life.
	Outer Sphere:	Projects your self-image, which tells others how to respond to you.
Seven	Back:	The types of spirits and spiritual beliefs programming your belief system sometimes holds you hostage.
	Front:	How you project your image of God and spiritual self into the world; the religion you follow and the values you live.
	Inner Sphere:	If healthy, your spiritual beliefs and discipline will match your purpose and God's desires for you. If not, there will be discord.
	Outer Sphere:	Reflects how you carry out your spiritual beliefs.

Eight	Back: Front: Inner Sphere: Outer Sphere:	Patterns or parts of your past are guiding your decisions. How you express these patterns through life choices, i.e., decisions about a mate, friends, work, use of your spiritual gifts and more. Reflects ability to forgive self for past mistakes. Can release all karma and have a clear inner sphere if able to forgive. If unforgiving of self or of others, every aspect of your life will reflect prior decisions. You will live the life you were fated, not destined, to live.
Nine	Back: Front: Inner Sphere: Outer Sphere:	Beliefs held in your own and others' souls about universal love, global needs and care for others. Ways you express care for others in everyday life. Can serve as portal for spiritual truths that if entering, assist your spirit in integrating in your body. Shows how you've carried spiritual truths into action.
Ten	Back: Front: Inner Sphere: Outer Sphere:	What aspects of the natural world you draw upon or bring into your life. How you interact with nature and the things of nature. Will even show whether or not herbs or natural healing will work for you. Place in nature that can hold the seed of your spirit if you allow yourself to be grounded in physical reality. Reflects how well you live as a physical being, a product of nature, the world and your ancestry—not just of divinity.
Eleven	Back: Front: Inner Sphere: Outer Sphere:	Beliefs aiding or impairing your ability to alter and transmute energy. How you impact the physical and energetic worlds around you; which beings of energy and spirit you draw into you, as aid or foe. Place of contact through which your spirit can draw upon energetic powers and forces. Reflects proper or improper use of supernatural power.
Twelve		This chakra does not have a front or back side. The inner sphere is that concerning your divinity; the outer sphere relates to how well this divinity is reflected in your everyday, human existence.

Table 5. Chakric Parts and What They Regulate

Spiritual Exercises

Now that you know something about your chakras, it's time to put your learning to good use! These amazing prisms of light can help you integrate your spirit, mind and body. The following exercises are merely meant to introduce you, in as safe a way as possible, to these very unique energy bodies. Information at the end of this book lets you know where to order other audiotapes on this subject.

Putting Your Spirit In Charge

We've said that your chakras can either operate on low or high frequencies. They can march to your tapes or your spirit. Putting your spirit in charge isn't going to solve all of your problems, but it will enable you to heal your issues with more ease and satisfaction. Here are a couple of exercises that will enhance your spirit's integration through your chakra system.

Spiritual Exercise One: How to Meditate

Whenever you are conducting a guided meditation, it is important to follow these steps:

1. Ground Yourself. Grounding is about bringing your full self fully into your body. You should be able to feel your feet. In fact, you should be able to feel your 10th chakra, that part of you existing underneath the ground. When you are grounded, nothing and no one can invade the lower chakras. When people meditate, they tend to lift themselves into the higher energy centers, which can leave the lower ones exposed. Some individuals ground themselves by imagining they are a tree, rooted deeply in the earth. Others ground themselves by seeing a light switch. When it's "on," they are grounded. Others ask God to ground them, and still other people simply sense their feet and then "move on down."

   Take a few deep breaths after you ground yourself.

2. Protect Yourself. Protection isn't a paranoid concept. As long as we carry negative programs, we are vulnerable to negative forces, energies and entities. And we are exposed to our own negativity! God assures us protection. The Lord's Prayer, for instance, shows Jesus instructing us to ask for protection from evil. That includes our own and others' maliciousness or mistakes. There are many techniques for protection. If you are a verbally oriented person, I would suggest you simply *command* protection around you. If you are more visual, picture a glowing white, golden or pink light illuminating your all around your body. See this light either coming right from God or from the Spirit dwelling within your heart. Some people aren't protected unless their kinesthetic senses tell them so. Feel yourself pushing the bad energy out of your body and taking in good energy through your 11th chakra, the one that surrounds you. You may want to call on God's energy or nature and natural forces.

3. Open Your Chakras. Opening your chakras involves allowing the Spirit to open them to whatever level is safe for you. You actually don't want closed chakras. As long as you are bathed in protection, your chakras should remain open. In this open state, ask the Spirit to turn on your intuitive faculties. Inherent in each chakra are intuitive gifts for you to use. They open you to revelation, insight, words of knowledge, healing, and teachings from the Spirit. (Refer to my booklet on intuition, listed at the back of this booklet.) You can carry out your mediation when your chakras are open.

   Some people open their chakras by visualizing that little light switch. Others prefer to command them open. Still others ask God to open them. When they are open, you ought to feel peaceful, relaxed and energized at the same time.

4. Conduct your Business. Sometimes silent time is used to *pray*, which involves sharing what's going on in your life with the Spirit. Other times are to *meditate*, which allows space for God's reply. Still other times are best for *contemplation*. When contemplating, you are opening to God's presence. And other times, you actually want to do business: you want to receive a healing, direct information, gain intuitive knowledge or follow a guided meditation. Decide what you want before you open, and your process will be smoother.

5. Ask the Spirit to Wash You. When you are done with your plan, ask the Spirit to wash you clean of any energies, issues or feelings that are no longer useful to you. This will include issues you have just cleared. This may include energies of other people, old and crusty emotions, remnants of physical disorders or illnesses, spiritual misperceptions, or beliefs that no longer serve you. Once you feel stripped, ask the Spirit to renew you. This connects the Spirit with your spirit, and provides the protection you need going forward.

Spiritual Exercise Two: Seeking Your Spirit Within

1. Prepare. Sit in a comfortable position. You may want to play music in the background or create a silent atmosphere. You are going to be taking an odyssey into the inner spheres of your chakras where you will evaluate who, or what, is currently running these spheres. Then you will be provided the opportunity to make a different decision, if you desire.

2. Ground and Protect. When ready, take a few deep breaths and open. Your intention is to be able to intuitively see the inside wheels of each of your chakras.

3. Look Inside the Wheel of Your Tenth Chakra. When you are ready, ask the Spirit to help you see the inside wheel of your tenth chakra. What color is it? What shape does it hold? How fast is it spinning? If you could hear it as a tone, what tone would it be? Now evaluate this inner sphere in relation to the outer sphere and the chakra as a whole. Is it running at an even pace? Does it seem to be moving too fast or too slow?

Is it giving off or taking in colors that serve the entire chakra, or does the coloration look unhealthy? Now ask God to let you know if the center point of this inner sphere is your own spirit or is there an entirely different management in place. What *is* running your inner sphere? A belief? A person? An emotion. If so, is the predominate feeling your own–or someone else's? Is there a cultural standard determining your inner wheel's spin, or perhaps a genealogical issue: a person, mental stronghold, disease miasma, entity or belief that has been passed down through the ages. And if your spirit isn't firmly locked into this space, is there a spiritual misperception preventing your spirit from integrating through the greater Spirit?

4. Ask For Healing. If something other than your spirit holds center stage, you can ask God what you need to do or know to change the situation. Is this something you can ask God to accomplish for you at this time? If so, ask for the healing. Ask to see and feel the integration of your spirit. Ask that God remains constantly present until your spirit has fully enmeshed into the inner sphere and the rest of your chakra has adapted. If there is something you need to do at a later time, remember it. Make a commitment to do so.

5. Complete the Exercise. At this time, decide if you have energy to repeat this process in the rest of your chakras right now, or if you would like to wait. If you are going to continue, ask for a renewal of energy and intuition. Continue to follow these steps through all your chakras. Whenever you finish, perform Step Five of the meditation process. Ask God to wash you clean, fill you with light and renew your protection. Then continue with your day, writing down whatever you want to remember from this exercise.

Choose Your Own Spiritual Discipline

There are many ways to ask the Spirit to help bring your own spirit fully into your body. Various religions and spiritual disciplines offer steps that might help. The Buddhist way, for instance, involves several years of study and passing into initiations. Some of the yogic traditions, as well as the Judeo-Christian ones, purport that some teachers can transmit healing and God's Spirit into another person. The Christian faith states that you've only to ask Jesus the Christ to dwell in your heart and not only does the Spirit fully indwell, but you're provided Jesus as a helper through all that comes next. This is the path I have chosen. Actually, it was the path God chose for me! I encourage you to find a discipline that works for you and to renew your commitment and faith frequently.

Energy Exercises

There are several exercises you can do on a daily or weekly basis that will clear and renew your chakric system. Here are a few:

1. Ask the Spirit to wash your entire energy system with white light. You might want to imagine this light as a waterfall cascading down through your body through your ninth chakra. Broaden the base of the energy stream and also bring it around your entire body. Let the earth take and transform any waste product for the good of the earth.

2. Ask God to show you *your* colors. (Refer to my booklet on this subject listed at the back of this booklet.) You want to see the basic colors of your spirit. Then picture these colors every time you are tired or need a boost. Move them through your system.

3. Take a bath. An Epsom salt/ginger bath. Salt and ginger strip your body of toxins and cleanse your bones. The molecules in your bones, by the way, are configured the same way as are crystals. Don't stay in too long and when done, if you aren't allergic to bee stings, use a honey-based lotion. Honey is extraordinarily renewing and protecting. For added benefit, figure out which of your chakras is in need of more energy. Add herbs, soaps or bubble baths the same color as this chakra for an added boost.

4. Take a dip in the sun. If you are suddenly craving the sun, you probably need the type of bone cleansing that the sun can provide. You only need to stay out for a few minutes but you'll feel cleaned and rejuvenated. Hold a crystal the color of the chakra needing the most clearing or reenergizing for the strongest effect.
Remember that crystals themselves have no magic properties. They are not alive. Crystals are conducive to bone clearings because the molecular configurations are similar. Pouring energy through a crystal produces the effect.

5. Do a chakra-by-chakra clearing. There are several ways to clear and balance your chakras.

    - Vibrationally. Sing to each chakra. I mean it! Your intuitive self will naturally select a song or a tone that will clear and refuel each chakra. Of course, there are chakra clearing tapes for the faint of voice.
    - Through color. Ask the Spirit to show you in your inner eye which color each chakra should be. Visualize this color flowing straight from the Spirit into the respective chakra. You can do this several times a day under stress.
    - Through your senses. Get out in nature. Ask each chakra, what object in nature best suits you? Maybe your tenth chakra resonates with a leaf; your first chakra with the sun; your second with a butterfly; the third with a possum. Whatever springs into your mind is the correct answer, so trust it. And of course, you don't actually need to even walk outside to do this exercise, much less catch and pet a possum! Imagining the presence of this object, animal, plant or element will work just fine.

Diagnostic Exercise

Figure out which issue you would like to diagnose. Get a paper and pencil and draw these columns upon it:

	Physical Symptoms	Mental Belief	Emotions Involved	Spiritual Theme	Inner Sphere	Outer Sphere
Chakra						
One						
Two						
Three						
Four						
Five						
Six						
Seven						
Eight						
Nine						
Ten						
Eleven						
Twelve						

Fill out the chart, trusting your intuition. Work chakra to chakra. Here's an example. Let's say the overriding issue is lack of money. What are the physical symptoms related to this issue in chakra one? The mental beliefs affecting you? The emotions causing or produced by this problem? The spiritual theme underpinning your limited abundance? The current connection in that chakra's inner sphere between your spirit and the chakra? The connection in the outer sphere between your spirit and the world? When you're done, you should have a pretty good idea of the various facets creating your issue.

Chakric Healing Exercise

You can undertake this exercise after you have completed the Diagnostic Exercise. Using the diagnosis as a guide, fill out this chart.

	Physical Healing Needs	Mental Truth	Emotions To Be Cleared	Emotions To Express	Spiritual Truth	Inner Sphere Needs	Outer Sphere Needs
Chakra							
One							
Two							
Three							
Four							
Five							
Six							
Seven							
Eight							
Nine							
Ten							
Eleven							
Twelve							

What themes emerge? Are there similarities between the mental and spiritual beliefs you must adopt? Are the feelings you need to clear your own, or someone else's? If they are someone else's, perform an energetic wash and ask the Spirit to transform the feelings before returning them to their originator. Set a timetable for yourself if there are several tasks; get help if this is overwhelming. Above all, enjoy the process, for you will never be the same again!

About Cyndi Dale

Cyndi Dale has been a natural intuitive since young, and offers these gifts to clients and groups seeking to make real and positive change. Her favorite activities include helping people open their "essential energy," the powers and perspectives unique to them. Once you understand your essence, you can tap into the energies of—and beyond—the world, joining the community of like-minded people who want to better themselves and others.

Cyndi is an internationally renowned author, speaker, healer, and business consultant. Her books to-date include bestselling *New Chakra Healing*, now published in over ten languages, and *Advanced Chakra Healing, The Four Pathways Approach*; *Attracting Prosperity Through the Chakras*; *Attracting Your Perfect Body Through the Chakras*; *Advanced Chakra Healing Heart Disease*, and *Advanced Chakra Healing: Cancer*. Other books and audiotapes will be released soon, including a six-part CD training, *Advanced Chakra Wisdom (Sounds True)* and the book, *Illuminating the Afterlife*.

Cyndi has presented in Russia, England, Wales, Amsterdam, Iceland, Scotland, and other European countries and has led groups across South and Central America and into Africa. Her training has encompassed studies in shamanism and healing across the world, taking her into the Peruvian, Belizean, Hawaii, and Costa Rica jungles, the Moroccan sands, the Venezuelan savannahs, the glaciers of Iceland, and other exciting places. She seeks to centralize the world's most vital spiritual messages, encouraging understanding and community among all peoples.

On a daily basis, Cyndi works with clients and groups, serving as an intuitive coach and an energy healer. Clients are commonly referred by professionals, including psychiatrists, medical doctors, and therapists. She continues to hone her ability to help people discover their essential selves so that they can make healthy and positive changes in their lives.

As well, Cyndi offers training and classes in the United States, teaching on subjects including her own Four Pathways™ healing system, shamanism, intuition, and prosperity. Her speaking engagements have included the Whole Life Expo, Healthy Life, and Edge Expos, Normandale College, Healing Touch Associations, and several other venues. Currently, she is structuring a four week-end training series to be held in Sedona, Arizona, on the Four Pathways System, in addition to week-long "booster" event for serious spiritual seekers, called Transform It All.

Her work has appeared in several media outlets, to include beings featured in a nationally-released documentary through Blockbuster. Her work is also the subject of an upcoming DVD and documentary called, “Everything is Energy.”

Cyndi has been trained in several different healing modalities, including shamanism, intuitive healing, energy healing, family of origin therapy, therapeutic touch, the Lakota way and faith healing and holds a fourth degree mastership in Reiki. Her travels have taken her around the world, to Costa Rica, Belize, the Yucatan, Morocco, Japan, Venezuela, the British Isles, Greece and Italy, Hawaii, and Peru. She has taught business ethics at the University of Minnesota; served as a public relations consultant to 3M and Tonka, and has been honored in “Who’s Who in American Business,” “The American Women of Noteworthy Achievement” and the “International Association of Business.

Cyndi lives in Minneapolis with her sons, Michael and Gabriel, as well as five pets, whose names are on file with the FBI, and so therefore, cannot be disclosed.

© Cyndi Dale 2008 All Rights Reserved